

# HEALTH

## Hair Color Basics



### Questions black women want answered

Clairol receives about 1,000 calls a month to its toll-free hotline for relaxed and textured hair at 1-800-221-4900. The top five questions women asked are answered below:

**Q:** How often should I color? And do I color first or relax first?

**A:** Always relax first, then color. Color should be re-applied to the roots and regrowth every four to six weeks. If you are using a permanent haircolor (one that contains ammonia or is mixed with developer), wait one week and one shampoo between coloring and perming/relaxing procedures.

**Q:** Is it ever okay to perm/relax and color on the same day?

**A:** Yes! If you use temporary or semi-permanent haircolor (one with no ammonia that is not mixed with any developer), such as Clairol Professional Beautiful Collection or Jazzing, you can actually improve the appearance of your hair by doing your color and perm/relax on the same day. This adds luster and enhances color that's faded as a result of the relaxer service. Be sure to read the package label and directions of other types of haircoloring,

particularly permanent or oxidative haircolor, require waiting at least one week and one shampoo between treatments.

**Q:** How soon before and after I color should I shampoo my hair?

**Wash your hair just prior to coloring if it is heavily coated with styling aids.**

**A:** Wash your hair just prior to coloring if it is heavily coated with styling aids. Immediately after coloring, you can shampoo your hair if you wish, although products like Beautiful Collection or Jazzing require only a thorough rinsing. Again, it's important to read the package instructions.

**Q:** What is the best way to lighten my hair?

**A:** If your hair has been chemi-

cally relaxed, it will lighten very quickly. Highlighting is preferable to overall lightening for relaxed hair because it protects the integrity of the hair. Highlights should be placed starting about 1/2 inch away from the scalp. By applying this way, the chemical in your next relaxer treatment will not overlap onto the highlights, which will protect your hair.

**Q:** What if I want to go all-over blonde?

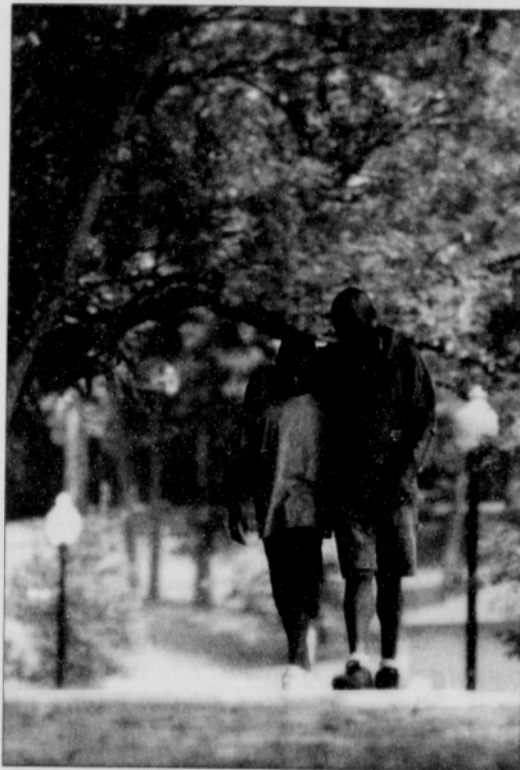
**A:** To go all-over blonde, use a permanent haircolor that lifts and tones like Clairol Textures & Tones to achieve an overall honey blonde. If you want to go lighter than that, see a salon professional. It is important to note that if you are going for a very light blonde shade, natural, unrelaxed hair is preferred to protect the integrity of the hair. Haircoloring can be stress-free if you take the time to learn the steps that will protect your hair. The basic rules to keep in mind are to always read the instructions carefully before choosing the product that is right for you.

# Saving Lives

## Organ donations increase survival rates

While more than 12 percent of the U.S. population is African American, 35 percent of patients waiting for kidney transplants are black. This staggering percentage may be attributed, in part, to the escalating number of African Americans with conditions that can lead to the need for an organ transplant, such as diabetes, high blood pressure and heart disease. Despite this rapidly growing need, there remains a critical shortage of African-American organ donors.

To raise awareness about this public health crisis, the Coalition on Donations is releasing new radio and print public service advertisements that urge African Americans to become organ and tissue donors. Debuting in April—Donate Life Month—the ads feature Derrick Floyd, a 39-year-old kidney transplant recipient and father of two, who recently celebrated 14 years of marriage.



Derrick Floyd walks with his son after a kidney transplant.

point said — I'm going to become an organ donor."

Statistically, African Americans have the best chance of being matched for a kidney transplant if the donor is also black. For many black patients awaiting kidneys, the lack of available organs means longer waiting periods on transplant lists and, in too many instances, years spent at dialysis centers.

"I realize that the black community is inundated with important health messages," says Tina Evans Caines, chair of the Coalition's National African American Campaign. "The good news is that with organ and tissue donation, you have the power to save lives. But, once you make the decision to donate, tell your family so they'll know your wishes."

"Since the transplant, there're so many things I can do... walk my dog, go to the park with my family. Having a new kidney has given me another chance at life," Floyd said. "I can never forget that I'm alive today because someone, at some

To learn more about how to Donate Life or request a free copy of the brochure You Have the Power to Donate Life, visit [www.donatelife.net](http://www.donatelife.net) or call 1-866-538-7448.

## Prostate Patients Fare Worse

### Study finds survival rates lower for black men

(AP)—Black men do not survive as long as white men after treatment for localized prostate cancer, according to a new study.

Researcher at the University of North Carolina at Chapel Hill analyzed the records of 5,747 black men and 38,242 white men who had been treated for prostate cancer that had not spread. They found that the median survival time for black men was 1.7 years less than the survival time for white men.

The difference was even greater, 1.8 years, for patients who received surgery. Black prostate surgery patients lived an average of 10.8 years, while white patients lived 12.6 years.

For patients of either race who received radiation treatment, however, the differences in median survival was not significant, the researchers report.

Specialized radiation therapy is the preferred treatment for locally advanced prostate cancer,

but black patients may have less access to this therapy, the researchers said. There may also be biologic factors that affect the way black men and white men react to prostate cancer treatment, the study suggested.

"Researchers should continue to investigate racial disparities in treatment outcomes as well as the specific social, biologic or environmental conditions that may be responsible for these disparities," the researchers conclude in the study.

## Aging brought into the Spotlight in May

Every May, older Americans are recognized. This year's theme is "Aging well, living well." For some older Americans "living well," means moving into a retirement home where the residents enjoy lavish amenities. For others "living well," means living independently in their homes for

as long as possible. Whatever your lifestyle, Metropolitan Family Service, a local nonprofit, can help many remain comfortable in their own environment by providing in-home support and companionship services.

If you or a loved one is in need of in-home support and compan-

ionship, please contact Metropolitan Family Service at 503-249-8215 ext. 22. Caregivers bring skills and life experiences to help address the individual needs of the people they see, because "aging well, living well," means something different for every older American.

## A New Ally

Pediatrician Sara Cuthill has joined Kaiser Permanente's medical group in the north Portland Interstate Medical Office.



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## Grant Aids in HIV Prevention

### HIV grant won for minorities

Regional and national organizations dedicated to preventing HIV in communities of color will receive \$21 million from the Centers for Disease Control and Prevention. The awards go to 27 different organizations targeting prevention activities for African American, American Indian/Alaska Native, Asian and Pacific Islander and Hispanic/Latino communities at high-risk for HIV infection.

"Minority communities are disproportionately affected by the HIV/AIDS epidemic," said Secretary of Health and Human Services Tommy G. Thompson. "Partnerships with these communities are critical if we are to get testing and treatment to the people at risk and ultimately reduce the number of new infections."

The grants, which represent an increase of nearly \$760,000 over last year's capacity building funding, will be used by the organizations to strengthen infrastructure, science-based prevention interventions, access to and use of prevention services, and community planning.

"These awards reflect CDC's continued commitment to reducing

the burden of HIV among people of color by building capacity within their own communities," said Dr. Ronald O. Valdiserri, deputy director of CDC's HIV, STD and TB prevention programs.

The Black AIDS Institute, an organization that mobilizes African-American communities in the fight against AIDS, is an example of the kind of organization receiving funding.

The Institute will expand its innovative African-American HIV University, a two-year training and internship program for developing HIV prevention educators in African-American communities.

Communities of color are a high priority for CDC's "Advancing HIV Prevention" Initiative, the comprehensive strategy to reduce new HIV infections in the United States that CDC launched almost one year ago. Through the initiative, the CDC is working with national and local partners to increase access to early diagnosis and treatment using rapid HIV testing.

For more information about the initiative, including activities related to HIV prevention in communities of color, visit <http://www.cdc.gov/hiv/partners/question.htm>.

## Portland Guadalajara Sister City Association



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